

## Fix It Fresh! Fruits and Vegetables Recipes Series

Recipe Category: Main Dishes



A child could wash the vegetables, stir the cheese mixture and sprinkle the mozzarella.



This low calorie, lean main dish is high in vitamins A and C and in calcium and is a good source of iron and fiber.

### Italian Vegetable Casserole

Yield: 6 servings

- 4 ounces dry (or 3 cups cooked, cooled) spaghetti or egg noodles
- 1 minced garlic clove
- 1 1/2 teaspoons fresh finely chopped (or 1/2 teaspoon dried) rosemary
- 1 1/2 teaspoons fresh (or 1/2 teaspoon dried) finely chopped oregano
- 16 ounces no- salt- added tomato sauce
- 1 1/2 cups diced zucchini
- 1 cup coarsely chopped broccoli
- 1/2 cup chopped onion
- 1 cup firmly packed fresh spinach leaves, coarsely chopped
- 1 cup grated carrots
- 8 ounces part-skim cottage cheese
- 2 eggs
- 2 tablespoons grated Parmesan cheese
- 2 cups (8 ounces) part-skim shredded mozzarella cheese

1. Wash your hands and work area.
2. If not using already-cooked noodles, cook according to package directions only with no added salt. Drain. Rinse in cool water. Drain again. Cut spaghetti noodles into short pieces.

*(continued on the reverse side)*

### Nutrition Facts

Serving Size 2 1/2" x 4" (282g)

Servings Per Container 6

Amount Per Serving

**Calories** 290 **Calories from Fat** 90

% Daily Value\*

**Total Fat** 10g **15%**

**Saturated Fat** 3g **15%**

**Trans Fat** 0g

**Cholesterol** 75mg **25%**

**Sodium** 410mg **17%**

**Total Carbohydrate** 26g **9%**

**Dietary Fiber** 3g **12%**

**Sugars** 8g

**Protein** 21g

**Vitamin A** 90% • **Vitamin C** 50%

**Calcium** 8% • **Iron** 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving

Diabetic exchanges per serving:  
1 starch, 2 vegetable, 2 lean meat and 1/2 fat

Recipe by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS.** Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. **The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**

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## Italian Vegetable Casserole *(continued)*

3. Preheat oven to 350° F.
4. Meanwhile, mix garlic, rosemary, oregano and tomato sauce. Set aside.
5. Cook zucchini, broccoli and onion in a skillet sprayed with non-stick cooking spray, over medium heat with 1/4 cup water until crisp-tender. (Or cook in microwave without water.)
6. Add spinach to vegetable mixture. Cook until just warm. Remove from heat. Stir in carrots. Set aside.
7. In a medium bowl, mix cottage cheese, egg, and Parmesan. Set aside.
8. In an 8 x 8" baking pan, sprayed with non-stick cooking spray, place noodles, then add cottage cheese mixture, followed by the cooked vegetable mixture, then tomato sauce mixture.
9. Sprinkle mozzarella over top.
10. If desired, cover, refrigerate and cook casserole later today or tomorrow.
11. Cover with aluminum foil and bake at 350° for 30-40 minutes, or until hot and bubbly. Remove cover and bake 10 minutes longer, or until the layer of cheese is light brown.
12. Remove casserole from oven. Wait 10 minutes before serving. Cut into 6 pieces. Serve hot.
13. Cover and refrigerate leftovers within 2 hours.